



Cambridge & Coleridge Athletics Club

Newsletter December 2006

President - B J Wallman
Chairman - N Costello

SPRING FIXTURES (Much more complete list of 2007 fixtures inside)

Dec 26 th	Club Boxing day 4 (11am)	All members	Newnham Green
Dec 31 st	Ely 10k	All over 16	Ely
Jan 1 st	Wymondham 10k	All over 16	Wymondham
Jan 7 th	SEAA Indoor Multievents U15/U17	U15/U17's	Lee Valley
Jan 7 th	Cambs AA Crosscountry Champs	All	St Neots
Jan 13/14 th	SEAA combined events U20/Sen	U20/Sen	Lee Valley
Jan 14 th	Frostbite League	Ramsey	All
Jan 14 th	Ryston XC Grand prix	Ryston	All
Jan 20 th /21 st	SEAA Indoor Championships	All over 12	Lee Valley
Jan 21 st	Folksworth 15 Mile	All over 16	Folksworth
Jan 21 st	EVAC XC Championships	Veterans 35+	Bedford
Jan 27 th	SEAA XC Championships	Holkham	All
Jan 28 th	Cambs Sportshall Champs match 2	St Ives	All under 15's
Feb 4 th	Frostbite League	All	Bourne Woods
Feb 10/11 th	UK Indoor Championships	Invitation	Sheffield
Feb 11 th	ECAA XC Championships	All	Peterborough
Feb 11 th	Stamford Valentines 30k	All over 16	Stamford
Feb 18 th	ECAA Indoor championships	All	Chelmsford
Feb 18 th	St Peters Great East Run 20km	All over 16	Bungay
Feb 18 th	EVAC Indoor championships	Veterans	Lee Valley
Feb 18 th	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Feb 18 th	Ryston XC Grand prix	Ryston	All
Feb 24/25 th	UK Indoor under 15/17/20 Champs	Birmingham	Qualifying stds
Feb 25 th	Sunday league XC (Senior/U20 races only)	Watford	All over 16
Feb 25 th	Bury 20 and 10	All over 16	Bury St Eds
Mar 4 th	Frostbite League	Huntingdon	All
Mar 18 th	Turing Trail Relay Ely-Camb-Ely	All over 16	Ely
Mar 25 th	Ryston XC Grand prix	Ryston	All
Mar 25 th	Brentwood Half Marathon	All over 16	Brentwood
April 1 st	Black Dog Marathon and Half mar	All over 16	Bungay
April 22 nd	London Marathon	All over 16	London
April 28 th	Southern Women's League	All Females	TBC
April 29 th	National Junior League (Cambs clubs team)	U20's	Lee Valley
April 29 th	Eastern Young Athletes Lge	All under 17	Braintree
May 2 nd	Eastern Vets League	Veterans	TBC
May 5 th	Southern Mens League	Males 15+	TBC
May 6 th	East Anglian League	All	TBC

BOXING DAY 4 MILE - COME AND RUN - ALL WELCOME
STARTS AT 11.00 NEAR FEN CAUSEWAY PEDESTRIAN LIGHTS

CROSS-COUNTRY AND INDOOR ENTRIES – SEE INSIDE – URGENT

- TRAINING IN JANUARY AT CHESTERTON STARTS AGAIN ON THURSDAY 4TH JANUARY AND MONDAY 8TH JANUARY, AND AT THE TRACK ON TUESDAY 2ND.
- SUMMER TRACK TRAINING - STARTS MONDAY 26TH MARCH

Chairman's chatter

The Chairman has been away on a well-deserved holiday in South America for the past few weeks so this time the chatter is from the President and committee.

2006 has been quite a successful year for the club. The club's teams have performed well, although it was a little disappointing for the mens team to get relegated in the Southern Mens League due to quite a weird set of results in the last round resulting in several teams finishing on the same match points. Congratulations to all the athletes who have contributed and big thank yous to the coaches, team managers, officials and other helpers who have made it all possible.

We owe a lot to our young athletes' coaches in particular. The club has grown rapidly over the last few years and it has been difficult to cope with the demands of the increased numbers. As a result we implemented changes to the organisation of the Young athletes training evening during the summer, so that under 13's had a separate session. It worked quite well, and we will review any modifications necessary before next season. One benefit was that we were able to adopt the principles of Long Term Athlete Development for this age-group and to teach a broad range of event skills to everyone. That resulted in more of the under 13's being willing to try the "minority technical events" such as hurdles, discus and shot in competition.

The club has been awarded 'Club Mark' status. This is a national sports award – not just athletics – which is awarded to clubs who can demonstrate good practices and procedures across all aspects of the club. Achieving 'Club Mark' will make it easier for us to bid for funding and is likely to become a requirement of things like City council grants.

The process has made us look in more depth at some of our procedures and documentation, and as an ongoing process we will continue reviewing, and updating, structures, and the way in which we run the club.

The club was shortlisted for the club of the year at the BBC Radio Cambridgeshire sports awards. We didn't win, not surprisingly, since the other two shortlisted clubs had paid professional administrators, whereas we have to rely on voluntary assistance.

The Road running section has shown amazing growth over the past few years and this year has shown a major strengthening of performance. This year we had a 70% increase in athletes running marathons and Half marathons for example. It was a major achievement to win the team trophy at the Wirksworth Well Dressing race in Derbyshire, part of the Tour of the Derwent valley, against all the local clubs. Almost 20% of the runners who completed all four races in the Tour of the Derwent Valley were from C&C, again overshadowing many of the local Derbyshire clubs.

We now have found a Cross-country league, the Hertfordshire Sunday League where at least the Seniors can get good Cross-country competition.

The Boxing Day run is the next club event. We hope to see lots of people – all ages and standards welcome – running off the Christmas Dinner – 11.00am at the bottom end of Fen Causeway.

Best wishes to all for Christmas and the New Year. Barry Wallman and the Committee

Report on the Annual general meeting - held on November 20th 2006

About 110 members/parents attended this year.

The committee were yet again elected uncontested. The Chairman explained that the committee did not recommend any major changes this year, to the posts held by committee members, but that two additional members would be co-opted in specific roles, to assist elected members and to spread the workload. These were to assist the Coaching secretary, and to assist with organisation of matches and officials. The members proposed for these roles are aged in their 20's and therefore reduce the overall age of the committee and the roles provide a means of developing and integrating new committee members for the longer term future of the club.

The Chairman outlined the success at the recent BBC County sports awards where C&C were shortlisted for Club of the year alongside two other clubs who have a paid management structure, whereas we depend totally on volunteers.

The club is currently reviewing and modernising many of its procedures and documentation. A good example of this is the excellent progress made with implementation of changes to coaching structure

for young athletes, which encompass the principles of Long Term Athlete Development, and provide a broad skill base in early years leading to increasing specialisation as athletes move towards the important target years of age 17 – 25 when peak performance can be expected.

As part of this process, some necessary changes to constitution and committee structure may be presented at the next AGM.

The club was successful in obtaining Clubmark, the equivalent of the BS kitemark standard for sports clubs, and is indicative that we have all the correct policies and processes in place to ensure safe and effective coaching and competition for our athletes. It is as a result of the work done for Clubmark, that the more extensive review of procedures and documentation has been implemented.

We have a large and expanding membership (ca 490 competition status members – plus 60 Vice Presidents and Associate members) - but the majority are young athletes and it is proving quite difficult to get sufficient help in team management or coaching. The membership has increased again this year, and the Road Running section continues to thrive and produces some excellent results. The Chairman outlined briefly the team success which the club had in the Tour of the Derwent valley Road race series in Derbyshire, where 30 of the 97 runners completing all of the four races in four days were from C&C, and C&C won the team award in the event on Saturday against all the local Derbyshire opposition who have hills to train on.

The Treasurer went through the accounts – The club showed a small surplus in the accounts for the financial year ending April 2006, but this is partly due to the award of money for coach education in Q1 2006, which will be spent in 2006/7 financial year. It was also noted that expenditure on equipment will be higher in the current financial year based on grants received in April 2006.

A proposal was presented and accepted for a £3pa increase in competition membership subscriptions for 2007, in order to fund the new England Athletics Affiliation scheme which requires the club to pay £50 plus £3 per competition status athlete instead of the old block affiliation fee previously payable to SEAA of ca £500.

This is estimated to increase the clubs costs by ca £1050pa in 2007 and will increase again by a further £2 per athlete in 2008, requiring potentially a further small increase at the 2007 AGM. (Some more detail is included in this Newsletter).

After the presentation of trophy awards, the meeting ended with presentation of club record certificates, followed by ca 200 AAA standard certificates and Norwich Union Shine Award certificates to young athletes.

Note - these are not official minutes of the AGM – Ed.

Presenting the Year 2007 committee



President	B Wallman
Chairman	N Costello
Committee secretary	M Holmes
Treasurer	N
Poulter	
Mens Team Manager	N Moss
(assisted for officials/match organisation by M Witt)	
Women's team manager	C Woolf
Young Athlete coordinator	A
Bird	
Coaching Secretary	J Brennand (assisted by H Ginn)
Road Race secretary	G Smith
XC team manager	J

Kazer

Additional Members I McKay and C Flood (without specific portfolio)

Two further additional members are likely to be co-opted by the committee

Who won the trophies?

The seasons overall best performance	Ed Aston
B P Veteran	Giacomo Capetti
Simpson Challenge Trophy	Lucy Dowsett
B P 13-16 Hdls F	Laura Bass
B P Hurdles GU13	Csepi Asztalos
Most Improved athlete	Jenni Corbett
B P 13-16 Hdls M	Jack Lines
B P Hurdles BU13	Sebastian Howarth
Senior Throw male	Gary Parsons

Senior Throw - Female
BP Senior HJ
BP Sprints male
BP Sprints Female
BP 800m+ Female
Track & Field champions

Alice Forster
Sion Whittaker
Luke Crabb
Kim Motley
Lucy Dowsett

Junior Throw
BP Junior HJ
BP Longjump
BP 800m+ male

Hayley Sayer
Isaac Jones
Michaela Smith
Ed Aston

Senior Men
Junior (U20) male
Veteran Men
Under 17 men
Under 15 Boys
Under 13 Boys
Under 11 Boys

James Brennand
James Godden
Noel Moss
Will Mycroft
Jack Lines
Sebastian Howarth
No award

Senior Female
Junior (U20) Female
Veteran Female
Under 17 Ladies
Under 15 Girls
Under 13 Girls
Under 11 Girls

No award
No award
Mary Holmes
Viola Asztalos
Lauren Sammut
Csepi Asztalos
Katrina Bass

League Trophies

BP Vets league Male
BP Male league
SML Team award
Anglian League awards

Phil Bramford
Will George
Martin Graves
Georgia Bristow and Ollie Bass

BP Vet League Female
BP League Female
SWL Team award

Sue Barnett
Lucy Dowsett
Romana Martin

EYAL team awards Emma Bicknell and Jon Baxter

Road race trophies

Open 10 mile RR Male

Giacomo Capetti

Open 10 mile RR Female

Carmel McEniery

Open 10 mile RR Male vet

Dave Abbott

Open 10 Mile RR Female Vet

Kim Masson

Peter Howard Marathon Trophy

Ian McKay

Handicap trophies

110 yds Handicap & 440 yds handicap Not Contested in 2006

Cambridgeshire AA AGM held on November 24th

Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary, Nigel Faben as Treasurer. There is a vacancy for the team manager for under 15 and under 17 males T&F if anyone wants to take it on.

Nigel Faben reported on the success of the NJL Team Cambridgeshire, in gaining promotion to the Southern Premier Division (this is a composite team from C&C, HAC, PAC and NVH)

The Cambs Devt group reported on the various successful activities including coach education evenings, County squads, and evening Development competitions.

Despite a lack of team managers Cambs AA managed to put teams into all the normal competitions last year. The County Sec warned that it might not happen this year unless someone volunteers.

Alice Forster was awarded the Trophy for the best performance at the County Championships by an Under 17 Woman, Hayley Sayer for the best performance by Under 15 Girl, and Csepi Asztalos for the best performance at the County Championships by an Under 13 Girl.

Why are our Subs going up?

Until now, the club has paid an affiliation fee to the South of England Athletic Association. The SEAA charged a block fee to all clubs with some scaling for size, and did not register individual athletes. It cost us ca £500 per annum. In the past few years the North and Midlands have changed their system, to have membership, or individual affiliation, schemes with a fee per athlete of ca £5. The clubs in the South resisted this change.

With the current structural changes in the National Athletics administration, the responsibility has transferred from the Territories to the new single body, England Athletics. With that comes a unified method of affiliation for the whole of England, where clubs pay £50 plus £3 per competition status athlete – hence an increase in costs to the club. We estimate that the annual cost to the club will now be ca £1550, an increase of £1050, and possibly some increase in club admin costs.

England Athletics have provided a FAQ sheet and some of the information is reproduced below.

Why the change in the method of affiliation?

The Foster Review concluded that some of the services available to clubs should be brought closer to the point of delivery and that these should be more accessible to athletes - these are the Regions.

These Regions should be administered by one single body 'England Athletics'. Part of this process is the transfer of governance from the AAA of England to England Athletics. Clubs currently affiliate to the three territories, with the transfer of governance comes the transfer of affiliation to England Athletics. There is no requirement to officiate to any territory or any other association.

CLUB AFFILIATIONS

Why do we (clubs) need to affiliate?

With affiliation comes the right to be recognised as a club/body able to compete under UKA Rules and the right to access the services available through all our partners in the sport.

What does club affiliation provide?

An affiliated club or organisation can access all the competition and services available in their region and in England (subject to UKA Rules and any conditions laid down by the competition or service provider). The Regions will have their own squads and squad training sessions and will be responsible for the education, training and recruitment of officials and coaches. One of the key objectives of England Athletics is to increase participation at all levels as well as improving standards through the "Power of 10". Clubs are key to the success of this and a successful partnership between clubs, Regions and England is our aim.

Do we have to affiliate to anyone else?

You are not required to affiliate to anyone else as governance is a single one line process. However, you may wish to affiliate to other bodies who offer competition and/or services - e.g. Midland Counties AA, Southern Track and Field League, the Fell Running Association or Hertfordshire County AA. This will be a decision for each club to consider at the appropriate time.

When is affiliation due?

Your club fee of £50 (plus the individual affiliation fees) is due on or before the 1st April 2007. A renewal reminder will be sent to clubs with a request to pay these fees.

Do we get insurance (public liability) cover if we affiliate?

Yes, one of the key aspects of governance is the insurance cover provided through the UKA insurance scheme. The public liability cover is clearly set out and can be obtained from your Regional Managers

What other services and advantages are there in affiliating to England Athletics?

This is as long as it is wide and many of the advantages will only become apparent as the Regions and England expand their involvement. As mentioned previously the Regions will develop squad training sessions, coaches' and officials' education and training courses, and will contribute towards the development and improvement of clubs in their Region. England will maintain the tradition of championships and will provide international kit to teams in all disciplines.

What are the disadvantages of not affiliating?

You are basically cutting yourself off from the body responsible for the sport in England. Your members will not be able to access the development opportunities provided by your Region and much of the competition provided in the UK. Some of your members may find it necessary to join another club for first claim membership and affiliation or pay unattached levies for any competition they enter. You will be required to access public liability and insurance cover through another body or take out your own cover.

Where will the fee from affiliation go and what will they be used for?

It is intended that money from affiliation will provide extra income for the Regions. This will enable the Regional Managers, and the elected Council, to fund and support development projects within the Region. The money will be spent on the sport and in particular the grass roots.

Will there be any increase in affiliation fees?

Any increase in affiliation fee will not happen without the full approval of the elected England Council. The elected England Council are the volunteer representatives of the sport.

INDIVIDUAL AFFILIATIONS Which of our members will have to affiliate?

All participating athletes, that is athletes who intend to compete in any competition organised under UKA Rules. This will apply to all athletes who are aged 11 and over. Members joining for training only, or your officials, coaches and volunteers will not be expected to affiliate.

If members belong to more than one club will they have to affiliate with each club?

Affiliation is through your first claim club only. Athletes can belong to as many clubs as they wish and will affiliate only once.

Who are non participating athletes?

Those who do not intend competing in competition organised under UKA Rules. (in C&C that is any member who is registered as a second claim member, those paying the associate membership fee, those who have vice-president status and do not compete, or who's associate membership fee is waived because they are coaching or officiating regularly for the club)

Do non participating club members have to affiliate?

No - as mentioned above, only those intend to compete.

How much do we pay for each athlete?

The first year, that is on 1st April 2007, each athlete will need to pay an affiliation fee of three pounds, and this will increase to five pounds on 1st April 2008.

When is affiliation for athletes due?

1st April of each year.

What happens to athletes who join the club after this date?

There will be a mechanism for immediate affiliation; this will be in the details coming to clubs.

What happens to club members who are not affiliated or who do not pay their fee?

They will not be able to compete in club and open competition organised under UKA Rules unless there is a mechanism in that competition for unattached runners. If there is a mechanism for unattached runners then there will have to be the appropriate levy.

Who will be responsible for collecting the fee?

This is a task that we devolve to the clubs similar to the system currently operated by both the Midland Counties AA and the North of England AA.

Is there any intention to expand affiliation to non-competing members?

Any affiliation for non-competing members will be purely voluntary.

What is the purpose of affiliation?

All organisations that have some responsibility and administration expect its members to affiliate. The first stage is the club and then the individual. With affiliation comes a sense of belonging and ownership and a corporate responsibility for the activities generated within the organisation. However, more importantly than the above is one of control and regulation. Coupled with this is the simple task of tracking members through the sport and the ability to provide accurate numbers of participants involved in the sport to those providing government and legacy funding. With affiliation comes an affiliation number. This number will be unique to a member and will stay with them throughout their pathway through the sport. In this day of computers and an IT driven society a simple number provided is a quicker and more accurate access to information.

Note – the club will not pay affiliation fees for anyone who subs are in arrears subs on 1st April in any calendar year. Your sub is valid for 12 months from the annual anniversary of the date on which you joined the club or on which we have normally received payment. That date (month/year) is shown on your current membership card. You sub becomes due on the 1st of that month. Subs paid late are still credited from the date on which they were originally due. Reminders are issued to all members annually 1-3 months in advance with their newsletters, and overdue notices issued where appropriate. Members who do not wish to renew their membership are asked to formally resign from the club in writing (or by e-mail to info@cambridgeandcoleridge.org.uk). It takes a lot of effort by unpaid volunteers to keep sending out reminders.

Want to do extra training on the track outside normal club sessions?

Cambridge University have kindly agreed to offer C&C members a track card for the reduced price of £25pa. A track card entitles the holder to use the track at any time if it has not been booked. The normal price of such a card is £73pa, but because C&C members pay a club membership fee, and C&C book use of the track on several occasions each week, the University have agreed that our members can have a reduced price card if they wish to train at other times. The total paid by a Waged member in 2007, who also purchases a track card, would be £66, (£41 + £25) representing a significant saving over the normal track card price. To obtain the reduced price track card it will be necessary to produce a valid C&C membership card. Further details are available on request from info@cambridgeandcoleridge.org.uk

Track & Field Team management for the Young athletes – Parents please read

Our track in the Eastern Young athletes League is managed by a team of volunteers coordinated by Anna Bird. The ideal is to have one person recruiting and looking after each age group. Next year, at present we have only one or two people, so some agegroups do not have a dedicated person. Could you help with this??

All that you have to do, is recruit a team of about a dozen athletes for the age-group which you agree to manage for each of 6 matches per season and sort out their events and numbers etc on the match day. To recruit, you can catch them at the track during training nights and also ring them/their parents. We supply phone numbers and addresses, and will pay reasonable phone-call costs if required.

We have a similar problem in the East Anglian League, where we need a team manager for Under 13 and Under 15 boys age-groups for 5 matches per year.

If you could help with either league, please contact Anna Bird, who can tell you more about it. Anna's number is 01223 352541 and she would be pleased to hear from you.

A competitors view of the Antwerp International – 26th August 2006 - Ed Aston

The weekend began with a trip on the Eurostar. After numerous card games we arrived in Belgium and after a couple more train journeys and a taxi ride arrived at our hotel in Antwerp. After a long days travelling we unpacked our things and went for a light jog to loosen up our stiff legs. The next morning we woke up to a buffet breakfast and after several helpings some of the athletes went off to local shops to try and kill some time before the evening's event. In the afternoon we returned to our rooms to relax and watch a bit of TV before heading to the track.

The atmosphere at the track was unlike any English meet. There were beer and food tents set up and it seemed most of the town had come out for the evening to watch the athletics. The small stadium stand was full and they were playing pop music whilst the races took place. Classics included Michael Jackson, Dire Straits and Steps to name but a few.

After watching Lee McConnell win the 400m hurdles I went to warm up for my race. My race contained 11 athletes, and one pacemaker, from various different countries including Spain, Uganda and Kenya. The pace was fast and at the end of the first lap I found myself towards the back of the field. I picked up the pace on the back straight and managed to finish 5th as the top U20. After a quick warm down I met up with a friend from the Midlands team and we headed over to the food tent to claim our free post race meal before watching the rest of the evening's athletics.

The morning after the race a slightly depleted team, due to confusion about the time difference in Belgium, went out for a run where it became immediately apparent to me that some athletes had obviously not given their all during the previous nights racing and now had far too much energy for our "recovery" run! After the run we went to a local bar for a quick game of table football before setting off back to England. At the Eurostar terminal it dawned on us that we'd all forgotten to buy Belgian chocolates for friends and family so after one final race, this time to the gift shop, we boarded the train and headed back to England. I would like to thank my coach Mike Smith and the club for all their help, over the past year and the many before, without whom I would never have been selected for this meet. Ed Aston

Another share in a world record???

Last year Phil Bramford was part of the team setting a world team best for Masters M55 club throwing. Not the sort of world record we normally expect.

This year at the BMAF Throws Decathlon championships, there was another share in a possible world record for Phil – this time for the M55 one handed Hammer throw.

(I think that the competitors make these events up as they go along).

Being serious – well done to Phil! Individual event results of Phils epic day are in "Results".

A C&C vest at the crystal Palace Grand Prix this year

Something not seen since the days when the Tuck twins were at C&C, but it happened this year.

Lucy Dowsett was invited by UKA to run the U17 Womens invitation 1500m at St Marys, Twickenham in June, which she duly won from the front in a meeting record of 4.35.25. As a result she was given the opportunity to participate in the "On camp with Kelly" program where athletes train with Kelly Holmes.

At Crystal Palace, as part of the Grand Prix meeting, there was an Under 23's race for the OKWK squad, and Lucy and another under 17 competed. Lucy finished a creditable 6th in 2.09.89.

Later in the season Lucy ran in another OCWK race at the Birmingham International. This time at 1500m, Lucy finished 7th in a new U17's club record time of 4.34.75

Lucy's reflections on the day

When I was invited to run at the Norwich Union London Grand Prix I jumped at the opportunity.

After watching it on TV in previous years I knew it was a big event and couldn't wait to run. I was in the On Camp With Kelly 800m race for U23 athletes. When I arrived it was already getting busy and I was in one of the first events. There were athletics enthusiasts everywhere! I only had around an hour before my race so collected my athlete pass and made my way to the warm up area.

I waited in the queue to collect my number behind Mark Lewis-Francis! I warmed up surrounded by lots of famous athletes (Jade Johnson, Wallace Spearmon etc) which was pretty cool and then got called up to final call where they check numbers, lane draw and that you have no advertising on you kit. Then Kelly Holmes briefly came to say good luck to us and she led out on to the track - the crowd went crazy at seeing Kelly Holmes!

I couldn't believe how packed the stadium was - by far the biggest crowd I have ever run in front of. I thought it would make me more nervous, but it actually made the atmosphere even better and I couldn't wait to get racing! They quickly made us get ready to race on the track, but we had to hang around for ages - we were all getting a bit annoyed because it was really warm and we wanted our drinks which they quickly took away, but I tried to stay focused! I felt a bit of pressure as Kelly watched on trackside, but I wanted to race well so tried to think of it as a normal race, and when the gun went that's exactly what it was! It went really quickly and I remember feeling relieved when I crossed the line - I ran 2.09.89.

I finished 6th out of 10 athletes and I was the youngest, so I was quite pleased but would have liked to have run a bit quicker! (to give you an idea of the competition 1st and 2nd were off to the world junior champs in Beijing a couple of weeks later.) After the race Kelly congratulated us, I warmed down and joined my mum in the crowd. My race was now over and I could enjoy the rest of the evening.

For me, the highlights were racing, and watching Yelena Isinbayeva, Asafa Powell and Jeremy Wariner, but the whole evening was a great experience. In the following couple of weeks several people said they were there and saw me racing which really surprised me! It made me realise how lucky I was to be given the chance to compete in such a prestigious event amongst such talented seniors people had come to watch - inspiring! I would like to thank Mike and Hilary for their help in getting to this level. Lucy Dowsett

Our athletes in the United Kingdom Age-group top 25 Ranking lists for 2006 T&F

Under 20 mens	800m	Ed Aston	3 rd	1.49.10
Under 17 Womens	400m	Lucy Dowsett	9 th	57.8
Under 17 Womens	800m	Lucy Dowsett	4 th	2.08.97
Under 17 Womens	1500m	Lucy Dowsett	15 th	4.34.75
Under 17 Womens	Shot	Alice Forster	9 th	11.37
Under 17 Womens	Hammer	Alice Forster	16 th	38.29
Under 15 Girls	Triplejump	Lauren Sammout	10 th	9.95
Under 15 Girls	Discus	Lauren Sammout	20 th	28.09
Under 15 Girls	Hammer	Hayley Sayer	15 th	32.51
Under 13 Girls	Hurdles	Csepi Asztalos	4 th	11.4
Under 13 Girls	Hurdles	Georgia Bristow	15 th	11.6

Some ranking lists have still to be published at the time of printing this newsletter

National Junior League – "Team Cambridgeshire"

In order to give competition in their own age-group to the Under 20's, the four major T&F clubs in Cambridgeshire last year agreed to enter a composite team into the National Junior (U20) League as Team Cambridgeshire in 2006. Cambridgeshire AA ran the team and it duly won the local division and then won the promotion match into the Southern Premier division.

It does mean a bit more travelling this year, but Cambs AA will be running buses to some of the fixtures depending on location. Three are just inside the M25 in North London and one is south of the Thames via the Blackwall Tunnell, so overall quite good.

It will be excellent competition for Under 20's and the top Under 17's, and we urge you to compete in it if you possible can.

Who is eligible! All Under 20 athletes in C&C, PAC, HAC and NVH. Outstanding athletes who are in the under 17 age-group may also compete, and the league has the advantage that it includes events such as Hammer and Pole-vault.

Nigel Faben (Hunts AC) will act as team manager again 2007 with help from selected contacts in each club.

After Christmas Nigel will compile his list of interested athletes. Please reply to him if you are sent a form to complete – if you don't he won't have you on his routine contacts list. If you want to be on his list, you can e-mail me at noel-moss@supanet.com and I will pass your details on to him, so that he contacts you when he starts compiling this years list.

INDOOR TRACK & FIELD COMPETITIONS

Note - Indoor season age groups are based on your age at 31st August 2007 .

EASTERN ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS
SUNDAY 18th FEBRUARY 2007 MELBOURNE PARK, CHELMSFORD

It now includes championship events for under 13's. (track events are 60m and 60m hurdles only + LJ, TJ, HJ, PV and shot.)

Entry forms are enclosed with this newsletter for those who compete in the relevant events. Send your entries off as soon as possible with the correct fee to the address on the form.

SOUTH OF ENGLAND ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS

20th/21st JANUARY AT LEE VALLEY ATHLETIC CENTRE, EDMONTON, N9 0AS.

Under 15, U17, U20 and Senior events. Full range of indoor events (this venue has a circular indoor track)

Entries close 9th January. Send form plus fee to the address on the form.

Entry forms are enclosed with this newsletter for those who compete in the relevant events.

Send your entries off as soon as possible with the correct fee to the address on the form.

AAA OF ENGLAND ATHLETIC NATIONAL INDOOR CHAMPIONSHIPS

For Under 20, U17 and U15's at NIA Birmingham 24th/25th February.

Under 15, U17, and U20 events. 60m, 60m Hurdles, 200m, 3/400m, 800m, 1500m, PV, HJ, LJ, TJ, Shot.

Entries close 26th January. Send form plus fee to the address on the form.

Note - If you don't have Indoor entry forms and want them, ask your coach, or ring Noel on 01223 833470 or e-mail noel-moss@supanet.com

West Norfolk Indoor open meeting at Kings Lynn on January 21st

All age groups inc Under 11's – 60m and Longjump

U13's up to Seniors -60m Hurdles, Highjump, Shot

U17's up to Seniors – Triplejump

Note that this clashes with the SEAA Indoor Championships weekend

Entry forms from C&C coaches or www.westnorfolkac.co.uk. Closing date 9th January

Sports-hall athletics

The second round of the Cambridgeshire Sports-Hall athletics competition will be held on January 28th at St Ivo sports centre at St Ives from ca 13.00 to 17.00. C&C will have teams for under 11's, under 13's and under 15's. The final selections for Cambridgeshire teams for the U13/U15 Anglia Regional final on 3rd February will be selected from this match.

Team managers

Under 15 Girls	James Brennand/Caroline Sammout	01223 249410	e-mail boyfrommars@ntlworld.com
Under 15 Boys	Noel Moss	01223 833470	e-mail noel-moss@supanet.com
Under 11 and under 13 Girls	Stephen Turner	01223 870195	e-mail turners39@aol.com
Under 11 and under 13 Boys	Sonia Cox	01223 264889	e-mail david.cox@tesco.net

We want as many people as possible to compete so that C&C win the County trophy this year.

(Note that all competitors have to pay a £1 match fee on the day to Cambs AA to help offset the cost of the Sportshall - don't forget to bring it. **If you want to compete and haven't been asked, return the reply slip (enclosed) or telephone/e-mail the appropriate team manager.** Don't be shy - we need everyone we can get to make sure we regain the trophy again this year.

CROSS COUNTRY COMPETITIONS

RACE ENTRIES - CONTACT JOHN KAZER NOW IF YOU WANT TO BE ENTERED IN THESE CHAMPIONSHIPS – DEADLINES GIVEN BELOW

Cross country entries are based on your age on 31st August 2005

Cambridgeshire Cross- Country Championships - Sunday 7th January at St Neots

Non-championship U11's at 11.00, U13 G 11.30, 3k, U13 B 11.35, 3k

Sen/Jun M 12.00, 10k, U17 W 12.55, 5k, U17 M 13.00, 6k

Sen/Jun W 13.25, 6k, U15 G 13.55, 4.3k, U15 B 14.00, 4.3k

Sen/Jun/Vet run together but count separately for individual medals (and together for team scores)

Top 8 finishers get invited to represent Cambridgeshire in the CAU National Intercounties

Championships on February 24th.

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=519140&Y=260925&A=Y&Z=3>

Please let John Kazer know if you want to run by 24th Dec (John Kazer details below)

Eastern AA Championships - Sunday 11th Feb, Thorpe Meadows Peterborough

Contact John Kazer by Sunday 14th Jan to allow time for him to enter you by the closing date

U13 G 3k - 12pm, U13 B 3k - 12.15, U15 G 4k - 12.30, U15 B 4k - 12.50,

Sen M 12k - 13.10, U20 M 8k - 13.10, U17 W 5k - 14.05, U20 W 6k - 14.10, Sen W 6k - 14.10, U17 M 6k - 14.40

Contact John Kazer - johnkazer@hotmail.com Tel 01223 308357

West Norfolk AC Cross-country event at Houghton Hall – 4th February

Medals for first three in all age groups including Under 11's and 10 year veteran age-groups (starting at 35). Under 17/U20/Sen/Vets run 6.5k. All races take place between 11am and 1pm. Entries close

Monday 22nd January. Fee Under 11's £2, Under 13's/15's £3.50. All other £5. More details on

www.westnorfolkac.co.uk.

Note that it is the same day as a Frostbite League race.

ROAD RUNNING

Road Running Sub-Committee

Joanna Ball 07967 136304

Nigel Burch 01223 560161

Chris Flood 01223 319549

Ian McKay 01223 245622

Glyn Smith 01223 571685

jeb30@cam.ac.uk

nigel.burch@ntlworld.com

floody@chancellorswalk.wanadoo.co.uk

iag.mckay@ntlworld.com

smithg658@aol.com

Training

Tuesday nights from Wilberforce Road track, 6.30pm for 6.45pm start (prompt!)

Thursday nights from Chesterton Sports Centre, Gilbert Road. 6.30pm for 6.45pm start.

MARATHONS at Amsterdam, Berlin, Budapest and Eindhoven: A tale of 4 cities

I have previously written about marathons in terms of the incredible demands they make on the human body, and their general improbability and unreasonableness (see Newsletters passim). I'd like to extend/modify that a little now and suggest that it is precisely BECAUSE of these things that the indomitable human spirit is attracted to them and that therefore they take on the aspect of an exciting journey into the unknown. They are so much less predictable than other distance races, and though we may train hard and obsess about target times, individual vagaries can take over on the day.

First up in BERLIN (24th Sept), clear blue skies and warm sunshine set the scene for a tough day.

However, Johann Graggaber's time of 2:59:59 was a masterpiece of prediction and pacing...and all done without the aid of a proper stopwatch! Kim Masson also blitzed the course in 3:07:05. John

Lewy did a very creditable 3:43:25 in his first marathon and Carmel McEniery did a PB time of 3:44:00. John said afterwards that "he hit the Berlin Wall head-on" in the 26°C heat, but he showed true determination and ran the entire course. Kim's time qualifies for the elite women's start in London next April, while Johann and Carmel have also qualified for London under the Good for Age scheme.

The BUDAPEST Marathon and Marathon Relay was originally to have been held on October 1st, but due to political disturbances within Hungary, the Marathon was postponed until 15th October. Sadly, this inevitably meant that the original party of 20+ dwindled to 6. One of the 'dismembered tentacles' was Sue Cartwright who eventually ran Eindhoven in 3:51:27. Well done Sue! Another lone C+C Marathoner was Dana Abraham who scorched round Amsterdam in 3:23:33 – a fantastic effort for a first-time marathoner.

And so to the Budapesters: Fiona Murphy, Syndia Cullit and Mary Jennings all PB'd in 3:52:40, 4:00:14 and 4:08:33 respectively. Well done that trio! Alex Downie crawled home in a terrific PW of 4:44:24...now what was I saying about the effect of such an unreasonable distance on the human body??? Mike DiFranco ran an excellent leg of the Relay with compatriots from Greens Gym. Photos from Berlin and Budapest can be viewed on <http://ccac.aci-net.co.uk/> Thanks to Madhuri whose photographic skills made everyone look good on the run - even Alex, and Andy for taking some of the pics and updating the website.

Alex Downie, Carmel McEniery.

Lets not forget New York

Joad Raymond finished a very good 797th in New York, and he wasn't the only C&C runner. Ros Eadon, and Dave and Karen Hills also finished in the middle of the huge field.

Ed. I remember talking to an American work colleague when we met in New York on the day of the New York Marathon about 20 years ago. A white American, he had run it the previous year, and

told me that in those days you didn't dare stop for a rest on certain parts of the route, or the locals would impolitely suggest that "someone of your ethnic origin had better keep going if you knew what was good for you" (they used slightly different words). That was possibly why New York was a good race for a PB time in those days. The route was changed slightly and racial tolerance has improved since then.

Three Marathons in three days

Earlier this season David Bowker, who is a first claim T&F member of C&C but 2nd claim Road runner (runs also for Royston) ran a 12 hour Ultra Distance track race at Boston Lincs, finishing in 2nd place and covering 66 miles and 869 yards. Dave is quite remarkable because he does these events and competes for C&C veterans in T&F despite being registered as partially sighted. In late October Dave competed in three marathons in three days in Wales and Ireland. He ran the Beacon Head marathon on October 28th (that one sounds as though its hilly – hence his time of 4.04.0), the Snowdonia Marathon on October 29th (getting loosened up now, but still a hilly race and a time of 3.43.32), and finally the Dublin Marathon on October 30th where he had a chip time of 3.28.41. Not a bad time after three days of Marathons at age 48.

The Dovedale Dash (Charge of the Light Brigade) – 5th November 2006

The start of this race is dramatic. So much so, it inevitably calls to mind the classic song 5-4-3-2-1, by Manfred Mann. To paraphrase:

“Always onward ran the twelve hundred,
Down the valley of death they thundered,
But once they're down, they really blundered.”

The charge down into the “valley of death” is very steep and littered with tussocks, boulders and horrible boggy bits. Once down in the valley, you can only “really blunder” because the mass of runners in front obscures the many obstacles along the route, such as more tussocks, boulders and horrible boggy bits!

Just in case you were getting bored in the race, the eponymous river crossing comes next! Nice, cool and refreshing in November, and after that there is much “slippin” and “a-slidin” in mud (and cow dung), but it's comforting to know that it can all be washed off as you go back upriver, mainly in the river, to face that nice valley side where it all started!

This year's C&C stars have to be Mary Holmes (46,31 mins), Nick Burch (34,23min in 107th place) and Ish Badr, who ran 6 days after completing a marathon in a whisker over 3hours! Comments from other runners included: “hilarious”; “the fun never lets up”; “for goodness sake what was all that about?”; “can't wait for November 2007!”; and “I laughed all the way to the bank!” (actually I made that one up).

A huge debt of thanks is owed by the 27 of us staying in Derbyshire to Ian McKay for organising great weather and accommodation in the wonderfully-situated Ilam Hall Youth Hostel. You can see the photos expertly taken by Madhuri on <http://ccac.aci-net.co.uk/>.

Alex Downie

Dovedale is a great place to walk in the summer but its easy to picture it just as Alex says after a bit of autumn rain.Ed.

Hereward Relays – we have some fast women at C&C

Last year we had 6 teams teams in the Hereward relays. This year the club fielded 10 teams in this event, under a variety of names (see results), or 11 if you include the “Half Man” team which had 3 C&C runners, but was not a Club entry. Last year 126 teams finished, this year it was 131, so the increase was all due to C&C.

Our top womens team, aptly named *Cambridge fast girls*, consisting of Vicky Fanstone, Kim Masson, Fiona Murphy and Ellen Leggate, won the 1st Ladies team award thanks to some excellent running topped off by a storming last leg by Ellen Leggate who was just 3½ minutes slower than Pietro Liguori in our fast mens team on that leg.

The number of teams that C&C entered shows the growth in strength and depth in our road running group, and several of the new members gave clear indications of the sort of results we can expect in the future. Pietro and Giacomo were both 5th placed on their legs, John was placed 8th on his and Ellen was fastest woman and 9th overall on her leg. Super result – well done everyone who took part.

Useful telephone numbers for 2006/7

B J Wallman - President 01223 893013 Neil Costello – Chairman 01223 524428

Noel Moss	Men's T&F teams, Officials and newsletter	01223 833470
Anna Bird	Young Athletes Team coordinator	01223 352541
Carl Woolf	Ladies and East Anglian league U13/U15's	01223 881075
Nigel Burch	Coaching Secretary	01223 560161
Glyn Smith.	Road running	01223 571685
John Kazer	Cross Country	01223 308357
Gerald Meah/Carole Morris	Veterans T&F team managers	01954 781258/01638 742024
Nigel Poulter	Treasurer	01954 231507

Useful E-Mail and website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your request to	johnkazer@hotmail.com
Newsletter editor (for your results and articles to publish)	noel-moss@supanet.com
Road running unofficial website	http://ccac.aci-net.co.uk
Cambridgeshire AA website	www.cambsaa.org.uk
UKA website	www.ukathletics.org.uk
Power of 10 database (you may be in it)	www.powerof10.info
Athletics data.com performance database (you may be in it)	www.athleticsdata.com
England athletics website	www.england-athletics.net
England athletics Region East secretary (Alison Potts)	apotts@englandathletics.org
SEAA website	www.seaa.org.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	www.bournesports.com

A Single Vision – Athletics Development in the East of England

England Athletics East Region update (extracts from September 2006 update brochure)

Partnerships

The newly elected Regional Council for Athletics in the East of England, driven by its Chair Beth Harris (Stevenage AC) and Regional Manager Chris Jones, is focused on working alongside partners in shaping an improved future for all. The next few years present many opportunities to be both creative and innovative. The council and its associated county development groups will work to create an environment that encourages shared learning at all levels, a culture of partnership working that will engage both existing and new stakeholders.

The Regional Council

To achieve all this we need to work together through a united approach. The council has set itself a target of finalising its officer group and their respective roles and responsibilities as a priority, developing its regional communication plan, strategy and delivery structure by December 2006. This will only be achieved through working with key partners such as County Sports Partnerships and County Athletics Development Groups. The regional plan needs to reflect both national and regional priorities, and must be owned by all concerned.

Accepting the Challenges

The council appreciates that we face many challenges moving forward. These challenges present opportunities as well. Thanks to partner input we have already prioritised a number of work areas that need to be addressed.

We believe that initial work should focus on improving coach education provision at all levels. This will serve to enhance opportunities for our young athletes to both participate and perform.

We must work to ensure that all coaches and leaders are supported to progress in our sport, providing accessible opportunities to courses and an environment of progressive learning.

“We must be prepared to work together to enhance delivery, sustaining what we do well but improving on areas of weakness”

Chris Jones – Regional manager England Athletics East

Seize the Moment

Not all people have the ability or desire to win an Olympic Gold Medal...but some will. Not everyone can be a champion, but there has to be room for everyone to take part in our sport at his or her own level.

The 2012 Olympic and Paralympic Games in our own back garden provides us with an unprecedented chance to realize some of these dreams. We have been presented with one opportunity to get this right.

We must be prepared to work together to enhance delivery, sustaining what we do well but improving on areas of weakness. There is a lot of hard work ahead of us all and we can only move forward through making a commitment to change.

Progress

To date, the council has:-

1. Elected a Chair and begun a process of finalising the roles and responsibilities of its officers, identifying its existing skill gaps and recruiting appropriate people who can make things happen.
2. Agreed a timeframe and process for the production of a regional strategic plan (for completion by December 2006). This strategy will engage clubs and stakeholders in its production and will influence the future delivery structure, prioritising the use of resources.
3. Agreed an interim coach education programme for the region that will run between September 2006 and April 2007. Coach education becomes a regional responsibility from September 30th 2006.
4. Supported the Regional Manager to recruit a Business & Information Administrator during September 2006. This officer will work to provide quality financial, communication and information systems for the region.
5. Worked alongside the Regional Manager to establish a regional office for England Athletics by October 2006. We are looking to improve the identity of the sport amongst existing and potential new partners, improving the quality of our customer service.
6. Worked alongside the Regional Manager, County Athletics Groups and the existing development team in each county to support and improve the delivery of one year plans.
7. Negotiated a funding agreement with Hertfordshire County Association to deliver development activities between September 2006 and March 2007.
8. Worked to improve its relationship with the private sector, identifying opportunities that will enhance the level of investment in athletics across the region.
9. Agreed to organise and resource a Regional Athletics Development Conference during 2007 to promote shared learning and to foster strong partnerships across counties.
10. Agreed to work with the Regional Manager to establish a performance plan that will help to develop a coordinated pathway and support mechanism for new and existing coaches.

Raising Standards in Performance

England Athletics is working to improve participation and performance levels in the sport. In developing a single vision for athletics in the East of England, we know the following core areas must be addressed:

- Increasing both the number and performance of participants in clubs
- Increasing the number and quality of active coaches, officials and administrators
- Enhancing the sustainability of athletics clubs, improving both community facilities and introducing a strong focus upon long term development planning
- Improving the formal links between schools and clubs in our communities
- Enhancing the opportunities for minority groups to participate in our sport.

Power of 10

The Power of 10 programme has been developed by UKA to help drive forward levels of performance in athletics.

In developing our regional strategy, we will strive to emphasise the key link between grass roots participation and performance. In developing strong community clubs, better coaches, improved facilities and sustainable partnerships we stand a great chance of increasing levels of athlete performance.

Power of 10 presents an excellent opportunity for clubs, counties and regions to measure the long - term impact of their work, supporting athletes to improve times, jump further and throw longer. For more information visit www.powerof10.info

Provisional Fixtures Spring/Summer 2007 (some details are not yet available)

Dec 26 th	C&C Boxing day 4 mile race	All	Lamas land
Dec 31 st	Ely 10k	All over 16	Ely
Jan 1 st	Wymondham 10k	All over 16	Wymondham
Jan 7 th	SEAA Indoor Multievents U15/U17	U15/U17's	Lee Valley
Jan 7 th	Cambs AA Crosscountry Champs	All	St Neots
Jan 13/14 th	SEAA copmbined events U20/Sen	U20/Sen	Lee Valley
Jan 14 th	Frostbite League	Ramsey	All

Jan 14 th	Ryston XC Grand prix	Ryston	All
Jan 20 th /21 st	SEAA Indoor Championships	All over 12	Lee Valley
Jan 21 st	West Norfolk AC Indoor Open	All	Kings Lynn
Jan 28 th	Folksworth 15 Mile	All over 16	Folksworth
Jan 21 st	EVAC XC Championships	Veterans 35+	Bedford
Jan 21 st	Fred Hughes 10	All over 16	St Albans
Jan 21 st	UK Cross Challenge	All over 13	Cardiff
Jan 27 th	SEAA XC Championships	Holkham	All
Jan 28 th	Cambs Sportshall Champs match 2	St Ives	All under 15's
Feb 3 rd	Regional Sportshall final	County select	Norwich
Feb 3 rd	Masters XC champs	Veterans	Ruislip
Feb 3 rd	BUSA XC Championships	University select	Bath
Feb 4 th	Frostbite League	All	Bourne Woods
Feb 4 th	West Norfolk AC Cross-country	Under 11 to Vets	Houghton Hall
Feb 4 th	ASICS Watford Half Marathon	Sen/Vet	Watford
Feb 10/11 th	UK Indoor Championships	Invitation	Sheffield
Feb 10/11 th	Birmingham Indoor Games	All	NIA Birmingham
Feb 11 th	ECAA XC Championships	All	Peterborough
Feb 11 th	Stamford Valentines 30k	All over 16	Stamford
Feb 18 th	Midland counties open meeting	see website	NIA Birmingham
Feb 18 th	ECAA Indoor championships	All	Chelmsford
Feb 18 th	Schools Intercounties matches	Schools select	TBA
Feb 18 th	St Peters Great East Run 20km	All over 16	Bungay
Feb 18 th	EVAC Indoor championships	Veterans	Lee Valley
Feb 18 th	BMAF Pentathalon championships	Veterans	Lee Valley
Feb 18 th	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Feb 18 th	Ryston XC Grand prix	Ryston	All
Feb 24 th	CAU Intercounties XC	Nottingham	County select
Feb 24/25 th	UK Indoor under 15/17/20 Champs	Birmingham	Qualifying stds
Feb 25 th	Sunday league XC (Senior/U20 races only)	Watford	All over 16
Feb 25 th	Bury 20 and 10	All over 16	Bury St Eds
Mar 3/4 th	BMAF Indoor Championships	Veterans	Lee valley
Mar 2 nd - 4 th	European Indoor Championships	Birmingham	Spectators
Mar 4 th	Frostbite League	Huntingdon	All
Mar 10 th	National XC Championships	Club Teams	Sunderland
Mar 11 th (prov)	Mondi 15 mile	All over 16	March
Mar 17/18 th	BUSA Indoor Championships	University Select	TBC
Mar 18 th	Turing Trail Relay Ely-Camb-Ely	All over 16	Ely
Mar 18 th	Addidas London Half Marathon	All over 16	Silverstone
Mar 18 th	Lisbon Half Marathon	All over 16	Lisbon
Mar 18 th	Rome Marathon	All over 16	Rome
Mar 24 th	English Schools Championships	Schools select	Leeds
Mar 24 th	BMAF XC Champs	Veterans	Mansfield
Mar 24 th	Coniston 14 mile road race	All over 16	Coniston water
Mar 25 th	Ryston XC Grand prix	Ryston	All
Mar 25 th	Brentwood Half Marathon	All over 16	Brentwood
Mar 25 th	Broadland Half marathon	All over 16	South Walsham
Mar 25 th	Joe Cox 10	All over 16	Stowmarket
April 1 st	Black Dog Marathon and Half mar	All over 16	Bungay
April 1 st	Oakley 12 and 20	All over 16	Oakley, Beds
April 8 th	Trowse 10k	All over 16	Trowse, Norwich
April 15 th	Paris Marathon	All over 16	Paris
April 15 th	Rotterdam Marathon	All over 16	Paris
April 22 nd	London Marathon	All over 16	London
April 22 nd	Lochaber Marathon	All over 16	Fort William
April 28 th	Southern Women's League	All Females	TBC
April 29 th	National Junior League (Cambs clubs team)	U20's	Lee Valley
April 29 th	Eastern Young Athletes Lge	All under 17	Braintree
April 29 th	EVAC 3k Road Relay	Veterans	Hemmingford

April 29 th	Breckland 10k	All over 16	Thetford
May 2 nd	Eastern Vets League	Veterans	TBC
May 5 th	Southern Mens League	Males 15+	TBC
May 6 th	East Anglian League	All	TBC
May 6 th	Great East Anglia Run 10k	All over 16	Kings Lynn
May 12 th	Cambs AA Championships	All members	St Ives
May 12 th	BMAF Road relays	Veterans	Sutton Park
May 13 th	Eye 10k	All over 16	Eye
May 13 th	Halstead & Essex Marathon	All over 16	Halstead
May 19 th	Southern Womens League	All Females	TBC
May 19 th	BMC Nike Grand prix Rd 1	Seniors	TBC
May 20 th (Prov)	Soham Half marathon	All over 16	Soham
May 26-29 th	Tour of the Derwent Valley	All over 16	Derbyshire
May 27 th	National Junior League (Cambs clubs team)	U20's	Copthall
May 26/27 th	SEAA U20 Championships	All under 20	TBC
May 27/28 th	CAU Championships	County select	Bedford
May 28 th	Brandon Forest XC half marathon	All over 16	Brandon
June 2 nd	Southern Mens League	Males 15+	TBC
June 2 nd	Southern Womens League	All females	TBC
June 3 rd	EVAC 5mile	Veterans	Reach
June 3 rd	Blackpool Marathon	All over 16	Blackpool
June 6 th	Eastern Veterans league	Veterans	TBC
June 9 th	Cambridgeshire schools Champs	Schools select	TBC
June 9 th	BMC Nike Grand Prix Rd 2	Seniors	Watford
June 9/10 th	AAA Combined events	Senior/U20	Stoke on Trent
June 10 th	Bedford International Games 2005	Spectators	Bedford
June 10 th	EVAC Championships	Veterans	Milton Keynes
June 16/17 th	SEAA Senior Championships	Seniors	TBC
June 16 th	Anglian Schools	School select	TBC
June 16/7 th	BMAF Pentathlon/weight Pent'n	Veterans	Milton Keynes
June 17 th	Eastern Young Athletes Lge	All under 17	Bedford
June 23 rd Southern	Mens League	Males 15+	TBC
June 23/24 th	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
June 24 th	East Anglian league	All	TBC
June 24 th (prov)	Yaxley 7 mile	All over 16	Yaxley
June 24 th	BMAF 5k Road championships	Veterans	Horwich
June 30 th	BMC Nike Grand prix rd 3	Seniors	TBC
June 30 th	UKA JumpsFest	Senior/U17	Birmingham
July 1 st	UKA ThrowsFest	Senior/U17	Birmingham
July 1 st	National Junior League (Cambs clubs team)	U20's	Woodford Green
July 1 st	Eastern Young Athletes Lge	All under 17	Biggleswade
July 1 st	EVAC 10k	Veterans	Comberton
July 4 th	Eastern veterans league	Veterans	TBC
July 7 th	Southern Women's League	All Females	TBC
July 7/8 th	BMAF Heptathlon/Decathlon Ch's	Veterans	Oxford
July 8 th	Abbey 10k	All over 16	Ramsey
July 13/14 th	National Schools Champs	Schools select	Birmingham
July 14 th	Southern Mens League	Males 15+	TBC
July 15 th	Eastern Young Athletes Lge	All under 17	TBC
July 22 nd	East Anglian League	All	Cambridge
July 22 nd	St Ives 10k	All over 16	St Ives
July 27 th -29 th	AAA Senior Championships	Seniors	Manchester
July 28 th Southern	Women's League	All Females	TBC
July 28/29 th	BMAF T&F Championships	Veterans	Birmingham
July 29 th	National Junior League (Cambs clubs team)	U20's	Bromley
July 21 st	BMC Nike Grand Prix Rd 4	Seniors	TBC
August 3 rd	Crystal Palace Grand Prix	Spectators	Crystal Palace
August 1 st	Eastern Veterans league	Veterans	TBC
August 4 th	Southern Mens League	Males 15+	TBC

August 11/12 th	AAA U15/U17 Championships	U15's/U17's	TBC
August 4/5 th	BMAF	Veterans	TBC
August 5 th	Eastern Young Athletes Lge	All under 17	TBC
August 11 th	BMC Nike Grand Prix rd 5	Seniors	TBC
August 18 th	Race the train XC (Tallylyn railway)	All over 16	Tywyn
August 18/19 th	AAA U15/U17 combined events	U15's/U17's	TBC
August 19 th	East Anglian League	All	TBC
August 25 th	UK Challenge Final	Invitation	TBC
August 26 th (TBC)	SEAA Intercounties U20 & U15	County select	TBC
Sept 1 st	Southern Women's League	All Females	TBC
TBC	ECAA Hibberd Trophy	County Select	TBC
Sept 9 th	Eastern Young Athletes Final	All under 17	TBC
Sept 9 th (prov)	Grunty Fen half marathon	All over 16	Witchford
Sept 16 th	East Anglian league Final	All	Bury St Edmunds
Sept 23/4 th	IOW and SEAA Fell running champs.	All over 16	Ventnor IOW
Oct 7 th	Great North Run	Seniors	Gateshead
Oct 7 th	Standalone 10k	All over 16	Letchworth
Oct 28 th	Fenland 10	All over 16	Wisbech

- For both Indoor and Outdoor T&F Championships, age groups are based on age at 31st August 2007 except U20's when it is age at 31st Dec 2007.

- Entry forms for the Midlands open Indoor fixtures can be downloaded from www.midlandathletics.org.uk or requested by phone from 0121 4561896

Results, results and more results

TRACK/INDOOR

Boston Games Ultra distance 12 hour track race

2nd D Bowker M45 66 miles 869yards

Vets AC 10,000m champs - Sept 6th

M Chaplin 6th Overall 2nd M45 40.31

East Anglian League Final - Bury St Edmunds - September 17th

Senior Men - 3rd 141pts (winners NVH, 2nd Chelmsford)

100m	5A	J Abbott-Gribben	11.7	3B	J Godden	11.6
200m	5A	J Godden	23.7	4B	P Dufner	23.8
400m	3A	D Potts	52.4	3B	O Francis	54.3
800m	4A	R Lasenby	2.05.8	3B	M Bell	2.05.3
3000m	3A	S Fishwick		9.16.8	5B	A Howard
110m Hdls	2A	J Huddleston	17.9	3B	J Brennan	
Highjump	5A	T Brennan	1.60	4B	J Huddleston	1.50
Longjump	3A	J Abbott-Gribben	5.95	4B	J Brennan	
Triplejump	4A	J Brennan		11.31	4B	T Brennan
Shot	3A	G Parsons	11.75	8B	A McGillivray	6.75
Discus	1A	G Parsons	38.38	4B	P Bramford	24.50
Javelin	6A	P Bramford	34.30	4B	G Parsons	31.79
Hammer	1A	G Parsons	40.84	5B	A McGillivray	20.39
4 x 100	3A		45.2			
Under 17 Men - 2 nd	113 pts (1 st Ipswich 176)					
100m	3A	L Crabb	11.8	1B	C Morter	11.8
200m	4A	L Crabb	23.6	6B	T Kelk	25.2
400m	6A	T Kelk	55.1	5B	A Howarth	
800m	5A	J Jamieson	2.18.8	4B	A Howarth	
1500m	4A	W Mycroft	4.27.0	3B	J Kennard	4.41.0
Hurdles	2A	D Graver	15.1	2B	A Howarth	
Highjump	4A	S Whittaker	1.60			
Longjump	7A	S Whittaker	5.11			
Triplejump	3A	S Whittaker		11.62		

Shot	5A	C Morter	10.31	3B	J Jamieson	7.18
Discus	7A	W Mycroft	14.09			
Hammer	5A	J Jamieson	14.20			
Javelin	4A	C Morter	34.48	1B	T Kelk	30.29
4 x 100 relay	1A	Crabb, Morter, Kelk, Whittaker				46.5
Under 15 Boys – 6 th – 90 pts (1 st NVH 162)						
100m	5A	O Webber	12.7			
200m	7A	O Webber	25.3	6B	B Kelk	27.4
400m	7A	B Kelk	62.7	6B	M Herring	
64.3						
800m	8A	T Spry	2.47.3			
1500m	4A	J Baslington	4.34.1	5B	N Burch	4.51.3
Hurdles	7A	T Spry	16.9			
Longjump	5A	T Spry	4.63	5B	A Morter	3.36
Triplejump	4A	B Kelk		10.02		
Shot	3A	M Lawrence	10.49	1B	J McGillivray	8.04
Discus	5A	J MacGillivray	24.52	3B	M Lawrence	23.19
Hammer	1A	J MacGillivray	24.29	1B	A Morter	17.48
Javelin	6A	A Morter	30.88	3B	S Bicknell	25.69
4 x 100	7A		53.7			
Boys under 13 – 6 th 83½ (1 st Colchester and Tend 118)						
Hurdles	2A	S Howarth	13.6	2B	A Tapley	15.5
100m	5A	A Tapley	14.9	6B	A Ette	14.7
200m	6A	S Howarth	29.5	4B	C Dear	29.5
800m	1A	O Bass	2.28.7	5B	A Tapley	2.51.5
1500m	4A	T Carruthers	5.27.1	3B	S Kennard	5.33.8
Longjump	6A	O Bass	3.78	7B	C Huntingdon	3.27
Highjump	7A	J Knoop	1.10			
Shot	6A	J Lines	6.79	2B	O Bass	7.00
Discus	6A	J Lines	17.48			
Javelin	1A	C Huntingdon	29.21			
4 x 100	6A		59.2			
Ladies – 7 th 74pts (1 st Ipswich 169)						
100m	5A	K Motley	13.4	3B	S Rogan	13.8
200m	6A	S Rogan	28.2	6B	E Bicknell	29.4
300m (U17)	7A	R Burbridge	47.3	4B	E Bicknell	46.8
400m	5A	E Schofield	62.4			
800m	1A	E Schofield	2.19.5	3B	R Burbridge	2.34.1
1500m	5A	J Lasenby	5.07.4	5B	N Richards	
6.41.9						
80m Hdls (U17)	1A	V Asztalos	13.1			
100m hlds	1A	K Motley	15.5			
Longjump	6A	V Asztalos	4.57			
Triplejump	8A	S Rogan		7.35		
Discus	7A	E Schofield	14.12			
4 x 100	6A		56.0			
Under 15 girls – 4 th 96½ (1 st Weast Suffolk 113.5)						
100m	8A	D Gul	13.7	2B	E Morris	13.7
200m	6A	A Hay	28.2	6B	E Morris	29.2
800m	6A	J Corbett	2.35.1	4B	E Taylor	2.45.4
1500m	7A	S Diss	5.44.2	6B	E Currington	5.59.0
Hurdles	4A	C Davidson	13.2			
Longjump	4A	L Sammout	4.50	4B	B Dixon	4.17
Highjump	6A	J Corbett	1.40	4B	B Dixon	1.30
Shot	3A	L Sammout	8.36	2B	H Sayer	7.52
Discus	1A	L Sammout	25.19	2B	H Sayer	16.36
Javelin	1A	L May	26.56	1B	E Woodroffe	25.33
4 x 100	6A		54.7			
Under 13 Girls – 2 nd 100½ (1 st Norwich 132)						
100m	4A	J Powell	14.3	4B	A Midgley	14.9
200m	5A	J Powell	29.9	3B	G Bristow	29.3
800m	8A	K Bull	2.49.2	5B	Jaz Corbett	
2.56.2						
1500m	3A	L Gillie-Andrews	5.54.0			
70m hurdles	1A	C Asztalos	11.5	1B	G Bristow	11.6
Highjump	4A	S Rawe	1.20	3B	J Richards	1.15

Longjump	5A	J Powell	3.62	3B	C Asztalos	3.60
Shot	5A	E Roberts	5.72	2B	J Richards	6.44
Discus	1A	A Midgely	19.12			
Javelin	2A	A Midgely	19.09			
4 x 100	2A		56.6			

Eastern AA multievents - 24th September

U13 Girls minithon (35 competed)							
9 th	C Asztalos	64pts (1 st Cambs, 1 st C&C)			shot – 6.20, Longjump – 3.96, Hurdles – 11.7		
11 th	G Bristow	60pts (2 nd Cambs, 2 nd C&C)			Discus – 17.72, HJ – 1.12, Hurdles – 12.1		
=20 th	Jaz Corbett	43pts (8 th Cambs, 3 rd C&C)			Shot – 5.25, HJ – 1.03, 800m –		
2.57.8							
=24 th	R Davidson	37pts (=11 th Cambs,= 4 th C&C)			Discus – 10.42, HJ 1.18, 800m – 3.21.6		
=24 th	M Turner	37pts (=11 th Cambs,= 4 th C&C)			Shot – 4.35, Longjump – 3.70, 200m – 32.7		
30 th	A Fleck	30pts (13 th Cambs, 6 th C&C)			Javelin – 9.46, Longjump - 3.52, 200m – 33.8		
33 nd	M Oliver	24pts (15 th Cambs, 7 th C&C)			Javelin – 8.54, HJ – 1.06, 200m – 36.5		
34 th	K Emmond	18pts (16 th Cambs, 8 th C&C)			Discus – 12.43, HJ – NH, 800m – 3.29.2		
Under 15 Girls pentathlon (20 competed)							
5 th	L Sammout	2174pts (2 nd Cambs, 1 st C&C)	LJ 4.39, Hdls 13.5, Shot 9.25, HJ 1.33, 800m 3.03.5				
12 th	Jan Corbett	1885pts (6 th Cambs, 2 nd C&C)	3.59	15.3	6.37	1.33	2.41.4
15 th	C Davidson	1718pts (8 th Cambs, 3 rd C&C)	3.70	13.0	5.69	1.21	3.03.3
17 th	M Oliver	16.08 (9 th Cambs, 4 th C&C)	3.46	17.2	6.88	1.33	2.56.4
Under 13 Boys Minithon (14 competed)							
6 th	S Howarth	54pts (3 rd Cambs, 1 st C&C)					Javelin – 26.92, HJ 1.21, Hdls – 13.7
13 th	O Bass (one event only completed – 23pts)						Shot – 7.65
Under 15 Boys Pentathlon (12 competed)							
1 st (CR)	J Lines	2451pts (1 st Cambs, 1 st C&C)	Hdls 12.2, Shot 10.80, LJ 5.46, HJ 1.49, 800m 2.24.0				
12 th	B Kelk	317pts (only 1 event completed)					Hdls 16.0
Under 17 Mens Pentathlon (12 competed)							
8 th	W Mycroft	1812pts (2 nd Cambs, 1 st C&C)	LJ 4.20, Jav 19.82, 200m 27.1, Discus 19.45, 800m 4.32.4				
Under 20 mens Pentathlon (4 competed)							
2 nd (CR)	J Godden	2262pts (1 st Cambs, 1 st C&C)	LJ 5.62, Jav 31.83, 200m 23.9, Disc 21.26, 1500m 5.19.3				
4 th	J Huddleston	2130pts(2 nd Cambs, 2 nd C&C)		5.05	29.03	24.9	24.55
5.10.7							
Senior Mens Pentathlon (6 competed)							
3 rd	J Brennand	1943pts (1 st Cambs, 1 st C&C)	5.42	29.16	26.0		19.99
5.27.1							
5 th	P Steiner	1826pts (2 nd Cambs, 2 nd C&C)	5.23	21.09	24.2	20.57	5.54.7
Biggleswade Open meeting – Sandy School – 30 th September							
U13 Girls 70m Hurdles 2 nd	C Asztalos	11.5	3 rd	G Bristow			11.9
75m Hurdles 2 nd	C Asztalos	13.1					
200m 3 rd	G Bristow	29.9	6 th	D Kene			32.8
U15 Girls 100m 3 rd	L Sammout	14.6					
Triplejump 3 rd	L Sammout	9.82	Shot	5 th	H Sayer		7.55
Javelin 2 nd	E Woodroffe	25.17	Hammer	1 st	H Sayer		31.66
Discus 1 st	L Sammout	25.77		6 th	H Sayer		16.66
U15 Boys Discus 4 th	J McGillivray	22.25					
Hammer 3 rd	J McGillivray	25.32					
U17 men 3000m 1 st	A Howarth					10.26.9	
Sen Men 100m 2 nd	J Brennand					14.1	
Triplejump 1 st	J Brennand		10.34	Longjump 1 st	J Brennand		
4.96							
Shot 5 th	A McGillivray	7.54	Discus	4 th	A McGillivray		21.87
Hammer 3 rd	A McGillivray	24.13					

BMAF Weights Decathlon Championships – 24th Sept at Milton Keynes

P Bramford – M55 age-group 3rd 4766pts shot 6k 9.38 discus 1.5k 33.04
 javelin 700gm 34.41 hammer 6k 27.46 brick 10k 6.86 sling ball 1.5k 35.38
 club 500gm 49.15 mini shot 3k 19.35 one handed hammer 7.5k 15.40 heavy hammer 10k 11.44
Throws Pentathlon M55 age-group 3rd 2564pts Hammer 22.65m Shot 9.82m
 Discus 32.17m Javelin 34.06m Heavy hammer 8.37m
One handed Hammer team world record M55 – Lally, Hawksworth, Bramford – 58.06m

Enfield & Haringey Indoor Open – Dec 10th

60m Results not published at time of printing – will obtain for the spring issue if possible

200m Men	L Crabb (U17)	24.12	J Huddleston (U23)	25.94
	T Tomu (U20)	22.84		
400m Women	I Asztalos (U20)	59.94		
400m Men	O Francis (U20)	52.24	R Oppong-konadu (U17)	54.58
	G Baker (U17)	55.10		
800m Men	E Aston (U20)	1.55.31 (days fastest)	D Potts (U20)	2.01.48

ROAD

Robin Hood Marathon – Nottingham – Sept 10th

7th Female K Masson W45 3.16.27

Saffron Walden 10k – 24th September

28 th	A Poole	41.03	39 th	S Thoday	42.32
43 rd	A Howard U20	42.54	44 th	J Kennard U17	42.54
51 st	G Smith 2 nd M60	43.38	58 th	G Meah M40	43.53
65 th	V Freeman	M40 44.18	79 th	V Green 1 st W50	

269th I McKay M40 56.58 345th A Baldock M50 69.19

Berlin Marathon – 24th September

817th J Graggaber 2.59.59 1250th K Masson W45 3.07.5

6904th J Lewy M45 3.43.25 6906th C McEniery F 3.44.0

Loch Ness Marathon

94th D Bowker M45 3.13.43 S Costello W40 4.45.0

Great North Run – 1st October

97th C Flood 1.21.21 205th R Flood F 1.39.54

2859th M Simmons F 1.42.31

Gt Abingdon 10k –

2nd man G Capetti M40 38.04 34th man Ron Jackson M50 53.03

1st female V Green W50 45.44 2nd Female D Braverman W55 49.28

Eindhoven Marathon S Cartwright F 3.51.27

Great Eastern Run – ½ Marathon 15th October

80th C Clissold M35 1.24.40 94th S Brightwell M40 1.27.43

Budapest Marathon and half marathon – October 15th

42nd F Murphy (F) 1.46.23 3.52.40 69th S Culit (F) 1.57.54 4.00.14

98th M Jennings (F) 1.51.06 4.08.33 1129th A Downie (M60) 1.35.53 4.44.27

D Abraham (F) 3.23.33

Amsterdam Marathon

Great South Run Oct 22nd

520th S Thoday 1:10:36 7963rd Nigel Burch M50 1.42.16

9th in Junior race Nick Burch 8.47

Fenland 10 – Wisbech – October 29th

27th E Catmur 1:02:21 33rd D Abbott M45 1:03:17

46th M Chaplin M45 1:05:42 97th G Smith M60

105th P Dewison M50 1:11:16 123rd V Freeman M40

144th E Kreetzer F 1:16:13 146th M Kreetzer M50

172nd M Benton M40 1:18:34 179th A Irvine M35 1:19:44

190th C McEniery F 1:20:43 191st C Stanier F 1:20:45

204th M Jennings W50 1:22:26 226th Ron Jackson M50 1:25:54

243rd I McKay M45 1:28:53 265th M Warren W35 1:33:34

D Bowker M45 4.04.0

D Bowker M45 3.43.32

Beacon Head Marathon – Oct 28th

Snowdonia Marathon – October 30th

Dublin Marathon – 30th October

193rd I Badr M35 3:00:30 1015th D Bowker M45 3.28.41

New York marathon – 5th November

797th J Raymond M40 2:58:46 14356th D Hills M40 3:53:02

16085th R Eadon W40 4:12:59 17271st K Hills W40 4:16:51

84th A Poole 1.30.07

Stevenage Half Marathon – 5th November

Stowmarket Striders Scenic 7 - 12th November

11th G Capetti M40 40:49 30th G Cinque M45 44:58

Stortford 10 – 19th November

13th G Capetti 1st M40 59:23 129th V Freeman 1:12:03

St Neots Half Marathon - November 19th

6th P Liguori 1:15:03 12th C Flood 1:19:26

15th E Leggate 1st Fem 1:20:27 55th G Cinque M45 1:25:59

63rd M Smith 1:26:39 71st S Brightwell M40 1:27:34

79th K Masson W40 2nd W35 1:28:04 119th D Mail M50 1:31:16

145th A Downie M55 1:32:59 157th P Dewison M50

1:33:46

219th P Scofield M45 1:37:14 216th G Smith M60 1:37:21

309th F Murphy F 1:42:31 320th P Garrett M45 1:43:00

317th C Stanier F 1:43:07 325th D Yenerski M35 1:43:14

351st C McEniery F 1:44:10 386th M Benton M45 1:45:20

379th A Irvine M35 1:45:29 449th S Culit 1:48:03

526th A Baldock M55 1:51:52 516th M Jennings W50

624th R Jackson M50 1:57:14 694th M Warren W35 2:01:45

741st S Costello 2:04:39 805th S Arora 2:11:31

11th A Dewison 12:08

Fun Run

Herward Relays – 26th November

1st leg – 6.1 miles

8th J Kazer Camb flyers 39:15 21st J Jenkins Camb old codgers 43:39

24th A Howard Camb nearly flyers 44:00 30th J Lewy Johns young ones 44:31

33rd B Corbett Half man 44:40 41st V Fanstone Camb fast girls 46:15

44th A Gore Carmels glory 47:13 62nd D Braverman Mandys sixties 50:12

93rd Ron Jackson Andys glory 53:50 116th E Nerou Roz's glory 57:58

132nd N Burch Nigels fast ones 1:05:53

2nd leg – 11.6 miles

20th D Abbott Camb flyers 1:19:36 21st I Badr Camb nearly flyers 1:19:55

22nd J Raymond Andys glory 1:20:13 29th J Ferguson Half man 1:21.27

34th K Masson Camb fast girls 1:22:02 49th T Long Nigels fast ones 1:26:27

52nd G Smith Camb old codgers 1:27:14 65th D Tickle Roz's glory 1:29:13

97th T Riotte Johns young ones 1:38:09 104th S Culit Carmels glory 1:38:58

120th M Lasseret Manys sixties 1:47:35

3rd leg – 10.3 miles

5th G Capetti Camb flyers 1:08:59 25th S Brightwell Half man 1:16:28

26th M Smith Camb nearly flyers 1:16:31 33rd S Thoday Johns young ones 1:20:17

45th A Downie Camb old codgers 1:22:44 55th M Kreetzer Nigels fast ones 1:24:35

74th D Yenerski Roz's glory 1:28:37 75th F Murphy Camb fast girls 1:28:42

86th P Garrett Andys glory 1:30:05 89th M Simmons Manys sixties 1:31:03

119th M Jennings Carmels glory 1:40:52

4th leg – 10.4 miles

5th P Liguori Camb flyers 1:07:48 9th E Leggate Camb fast girls 1:11:12

33rd G Cinque Camb nearly flyers 1:16:54 42nd P Dewison Camb old codgers

1:19:50

55th T Grimshaw Half man 1.23.03 56th V Freeman Nigels fast ones

87 th	A Irvine	Andys glory	1:30:35	90 th	R Gostt	Johns young ones	1:31:23
94 th	C McEniery	Carmels glory	1:32:19	119 th	R Eaden	Roz's glory	1:41:49
128 th	M Warren	Mandys sixties	1:52:15				

Final team results – 131 teams finished

10 th	Cambridge Flyers	4.15.38	16 th	Cambridge nearly flyers	4.37.20
25 th	Half man	4.45.38	28 th	Cambridge fast girls (1 st Women)	

35 th	Cambridge old codgers	4.53.27	61 st	Johns young ones	5.14.20
62 nd	Andys Glory	5.14.43	69 th	Nigels fast ones	5.20.16
103 rd	Roz's Glory	5.37.37	104 th	Carmels Glory	5.39.22
123 rd	Mandys sixties	6.01.05			

Nene Valley 10 - Dec 3rd

11 th	E Catmur		1:00:12	42 nd	I Badr	M35	1:05:39
68 th	T Long	M45	1:09:17	72 nd	P Dewison		M50

80 th	G Smith	M60	1:10:41	104 th	M Kreetzer	M50	1:14:26
119 th	P Garrett	M45	1:17:14	127 th	D Yeneralski	M35	1:17:40
128 th	C McEniery	F	1:17:43	131 st	A Irvine	M35	1:17:59
155 th	M Jennings	W50	1:21:22	165 th	A Downie	M55	1:22:49
181 st	M Lasseter	F	1:24:22	215 th	M Warren	W35	1:32:31

Luton Marathon – Dec 3rd

67 th	Kim Masson	W45	3:17:34	(1 st W40)		
Bedford Harriers Half Marathon - Dec 10th						
27 th	G Capetti	M40	1:20:24	134 th	J Raymond	1:28:54

CROSSCOUNTRY

Cambridge University Intercollege 5.3km Men /3.2k Women – 8th October

1 st	W George	15.49	7 th Female	J Lasenby	W45	12.17
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Ryston Runners Grand prix series - October 8th

Men	M Chaplin	7 th M45	19.35	Nigel Burch	13 th M50	27.49
	P Chaplin	13 th M60	28.12			
U15 Boys	Nick Burch	5 th	10.30			
Ladies	M Holmes	4 th W55	25.58			

Sunday League – Cheshunt - Oct 22nd

29 th	E Catmur		31.18	36 th	D Abbott	M40	31.46
88 th	G Meah	M40	35.12	114 th	M Kreetzer		M50

Women				39 th	D Braverman	W55	25.20
				Under 15's	Nick Burch		11:47

UK XC Challenge - Birmingham 28th October

Ryston Runners Grand prix series – November 12th

U15 Boys	4 th	Nick Burch	10:44			
U17 Boys	5 th	W Mycroft	16:12			
Senior Men	5 th	E Aston	30:23	6 th	N Carroll	30:30
V45 Men	8 th	P Scofield	39:02			
V50 Men	12 th	Nigel Burch	51:38			
Senior Ladies	4 th	E Scofield	34:42			
V55 Ladies	4 th	M Holmes				46:54

Sunday League – Digswell – Nov 19th

Men							
5 th	M Salt		38.04	18 th	E Catmur	40.48	
23 rd	J Kazer		41.14	81 st	Rog Jackson	M35	47.24
136 th	M Kreetzer	M50	53.00				

Women							
8 th	E Kreetzer	F	27.15	22 nd	D Braverman	W55	30.00

Oxford vs Cambridge University match– Dec 2nd at Wimbledon Common

Men (7.5 miles)	2 nd	W George	39.07
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Sunday League – Southgate – Dec 10th

Not available at time of printing – will be in the spring issue

FELL RUNNING

Dovedale Dash – 5th November

29 th	C Flood		30:20	34 th	J Kazer		30:50
	I Delany	M40	31:34	110 th	Nick Burch	U15	34:23
	G Smith	M60	37:22		A Downie	M55	38:03
	I Badr	M35	38:03		G Meah	M45	38:38
	T Long	M45	38:39		C Brown		39:03
	R Flood	F	40:38		F Murphy	F	41:26
442 nd	C McEniery	F	41:30	444 th	A Irvine	M35	41:31
	M Kreetzer	M50	42:04		C Stanier	F	42:18
	P Garrett	M45	42:30		N Costello		M55
	42:45						
	M Holmes		W65	46:31	907 th	Nigel Burch	M50
	51:53						
	D Hall		52:48				

MULTITERRAIN

Frostbite League - Oct 8th St Neots

Seniors	3 rd team	519 pts	384 finished	(1 st NVH)			
12 th	12 th man	B Baldelli (M35)	29.42	16 th	16 th Man	G Capetti (M40)	30.04
25 th	25 th Man	J Kazer	31.01	41 st	40 th Man	D Abbott	3.35
50 th	49 th Man	J Jamieson(U17)	32.16	51 st	50 th Man	J Ferguson	32.17
54 th	53 rd Man	L Stone (M45)	32.28	66 th	65 th Man	A Howard (U20)	33.05
77 th	75 th Man	S Brightwell	33.34	79 th	77 th Man	S Thoday	33.36
85 th	3 rd Fem	K Masson	33.47	96 th	4 th Fem	V Fanstone	
	34.15						
98 th	94 th Man	L Frederiksen	34.17	114 th	109 th Man	A Downie (M55)	34.42
115 th	110 th Man	G Smith (M60)	34.48	132 nd	125 th Man	B Corbett (M35)	35.34
182 nd	15 th Fem	M Simmons	37.35	205 th		M Kreetzer (M50)	
	38.16						
219 th		A Irvine (M35)	38.48	227 th		P Garrett (M45)	39.06
231 st	Fem	F Murphy	39.16	242 nd	Fem	D Braverman (W50)	39.39
283 rd		Ron Jackson(M50)	41.27	310 th		M Turner	43.10
Juniors	3 rd team	154 pts	102 finished	(1 st Hunts AC)			
17 th		A Dewison		7.59	23 rd	A Taylor (F)	(F)
	8.16						
29 th		E West	8.26	34 th		Jen Corbett (F)	8.34
51 st		E Grimshaw (F)	9.16	63 rd		J Richards (F)	9.30
65 th		N Richards (F)	9.32				

Frostbite League - Nov 12th - Peterborough

Seniors	5 th team						
7 th	M Salt		28:06	46 th	D Abbott	M45	30:28
65 th	L Stone	M45	31:14	71 st	A Howard	U20	31:27
80 th	A Howarth	U17	31:43	88 th	S Brightwell		31:56
91 st	J Jamieson	U17	31:58	92 nd	D Bowker	M40	31:59
94 th	V Fanstone	F	32:04	99 th	K Masson	F	32:15
109 th	S Thoday		32:34	130 th	T Long		33:09
132 nd	J Jenkins	M	33:12	133 rd	P Dewison		M50
	33:13						
134 th	B Corbett		33:14	159 th	J Lewy		34:08
160 th	G Smith	M60	34:13	187 th	A Gore	F	35:06
243 rd	C Lynch	F	37:10	244 th	C Stanier	F	37:11
263 rd	C McEniery	F	37:30	271 st	A Irvine		37:48
343 rd	D Braverman	F	40:03	389 th	M Turner		42:14

Junior Race		4 th team				
13 th	A Dewison	8:27	23 rd	E Taylor	F	8:50
25 th	E West	9:03	33 rd	E Currington	F	9:11
43 rd	Jenni Corbett	F 9:44	44 th	L Gillie-Andrew	F	9:52
53 rd	E Grimshaw	F 10:05	62 nd	L Vasili	F	10:23
69 th	N Richards	F 10:38	74 th	J Richards	F	10:45
78 th	O Abbott	F 10:53				

Frostbite League - March – December 10th

Seniors – 4th team – still 5th overall

5 th	M Salt	29:05	36 th	D Abbott		32:12
42 nd	J Jamieson	32:47	43 rd	A Howarth		32:51
48 th	J Ferguson	32:57	61 st	A Howard		33:36
74 th	K Masson	F 34:29	76 th	S Thoday		34:42
92 nd	B Corbett	35:15	98 th	E Kretzer		
	35:32					
102 nd	G Smith	35:39	123 rd	A Gore		36:28
129 th	R Gostt	36:44	137 th	M Kretzer		37:00
142 nd	G Meah	37:16	197 th	A Irvine		39:26
207 th	C McEniery	F 39:53	218 th	D Braverman	F	40:31
316 th	F Perrot	F 46:27				

Junior Race – 3rd team – now up to 3rd overall

2 nd	N Burch	7:34	4 th	J Baslington		7:47
14 th	E Taylor	F 8:37	34 th	J Corbett	F	9:25
36 th	E Currington	F 9:28	38 th	E West		9:35
50 th	L Andrews	F 9:52	67 th	N Richards	F	10:35

SPORTSHALL

December 2nd at Chesterton

Boys under 13

2 Lap Race	2 nd	D Ebanks	24.5	3 rd	S Howarth	24.9		
	4 th	M Dutton	25.3	8 th	E West	26.7		
4 Lap race	3 rd	T Rogan	57.6	4 th	E West	58.5		
	5 th	H Pickford	60.9					
6 Lap race	1 st	H Tournant	1.26.3	2 nd	O Bass	1.27.6		
	4 th	C Savill	1.31.6					
Paarlauf Relay (8 lap)	2 nd	1.47.5	4x2 Relay	2 nd	1.42.5	Circuit Relay	2 nd	1.29.4
Standing Long Jump	1 st	D Ebanks	2.00	3 rd	S Howarth	1.95		
Standing Triple Jump	3 rd	S Howarth	5.40					
Vertical Jump	1 st	M Dutton	42	2 nd	H Pickford	35		
	3 rd	K Savill	30					
Shot 3.25kg	2 nd	O Bass	8.75	3 rd	T Rogan	5.86		
	4 th	H Pickford	4.99					
Speed bounce	1 st	D Ebanks	59	2 nd	E West	58		
Girls under 13								
2 Lap Race	1 st	G Bristow	25.5	2 nd	M George	25.7		
	4 th	A Davies	27.6					
4 Lap race	1 st	E Cave	54.8	2 nd	J Powell	55.3		
	4 th	J Beale	61.7	5 th	H Sheppard	63.4		
6 Lap race	1 st	G Bristow	1.28.0	2 nd	A Davies	1.28.3		
	3 rd	M Turner	1.37.4	4 th	J Kent	1.43.3		
Paarlauf Relay (8 lap)	2 nd	1.55.7	3 rd			1.57.0		
4x2 Relay	1 st	1.44.0	2 nd			1.45.3		
Circuit Relay	1 st	1.21.0	2 nd			1.45.3		
Standing Long Jump	2 nd	M George	2.00	3 rd	G Bristow	1.87		
	4 th	E Cave	1.81					
Standing Triple Jump	1 st	J Powell	5.35	2 nd	M Turner	5.34		
	3 rd	E Cave	5.00					
Speed Bounce	1 st	J Powell	72	2 nd	M Turner	70		
Vertical Jump	2 nd	S Rawe	50	3 rd	M George	48		

	5 th	S Baxter	40			
	1 st	S Rawe	6.64	2 nd	J Beale	5.70
Boys Under 15						
2 Lap Race	1 st	I Jones	22.7	2 nd	B Kelk	23.7
	3 rd	B Davies	23.8			
Paarlauf Relay	1 st	I Jones/B Davies	1.38.4			
4x2 lap Relay	1 st		1.35.0			
Shot 4kg	1 st	B Davies	10.89	4 th	I Jones	9.19
Speed Bounce	4 th	B Kelk	68			
Standing Triplejump	1 st	B Kelk	7.60	3 rd	B Davies	6.70
Standing Longjump	1 st	I Jones	2.14			
Individual scores	2 nd	B Davies	130	4 th	I Jones	130
	5 th	B Kelk	130			
Girls under 15						
2 Lap Race	1 st	M Oliver	25.1	3 rd	L Sammout	25.5
	6 th	B Carter	26.7	8 th	S Tomlin	29.2
4 Lap Race	2 nd	M Smith	55.3	3 rd	C Davidson	55.4
	4 th	F Tournant	55.8	5 th	H Cox	
						56.0
Paarlauf Relay	6 th	H Sheppard	56.6			
	2 nd	M Oliver/M Smith	1.46.9	3 rd	H Shepp'd/Fournant	
						1.49.0
4x2 lap Relay	1 st		1.42.6	3 rd		1.49.0
Shot	1 st	L Sammout	9.80	2 nd	M Smith	7.78
	3 rd	S Tomlin	7.51	4 th	M Oliver	7.09
	7 th	H Sheppard	4.91			
Speed Bounce	2 nd	C Davidson	70	3 rd	B Carter	69
	4 th	H Cox	68	7 th	F Tournant	
						60
Vertical Jump	1 st	L Sammout	44	4 th	C Davidson	41
	6 th	F Tournant	39	7 th	H Sheppard	
						37
Standing Longjump	8 th	H Cox	36			
	2 nd	M Smith	1.94	3 rd	M Oliver	1.87
	4 th	B Carter	1.63	6 th	S Tomlin	1.57
Individual scores						
	2 nd	L Sammout	140	3 rd	M Smith	135
	5 th	C Davidson	120	7 th	B Carter	100
	12 th	H Cox	80	13 th	F Tournant	80
						65
Girls under 11						
Standing long jump	1 st				K Bass	1.63
Sitting ball throw	2 nd				M Beale	5.29
Speed Bounce	1 st				K Bass	66
Boys U11						
Circuit Relay	1 st		1.25.5			
4 x 2 lap relay	1 st		1.46.9			
Sitting ball throw	1 st	W Cox	6.30	2 nd	P Hopper	5.70
Standing Long jump	1 st	M Taylor	1.80	4 th	R Sheppard	1.56
Vertical jump	1 st	R Sheppard	36	2 nd	P Hopper	36
Speed Bounce	3 rd	M Taylor	59	4 th	W Cox	54
Overall Boys U 13						
C&C	81	5pts				
HAC	68	4pts				
PAC	24	3pts				
Overall Girls U 15						
C&C A	610	5pts				
HAC	545	4pts				
C&C B	385	3pts				
Overall Girls U 13						
C&C A	91	5pts				
C&C B	42	4 pts				
HAC	26	3 pts				
Overall Boys U 11						
C&C A	450	5pts				
HAC	350	4pts				
HAC B	230	3pts				
Overall Girls U 11						
HAC A	425	5pts				
HAC B	170	4pts				
C&C	145	3pts				

Combined match result under 11/under 13/under 15's

C&C	27	1 st	HAC	25	2 nd
C&C B	7	=3 rd	HAC B	7	=3 rd
PAC	3	5 th			

**HAVE A VERY GOOD CHRISTMAS & SUCCESS IN
YOUR ATHLETICS IN 2007**